

Club Night Nominations for 2008 / 2009

Name: _____ Date of Birth: _____

Date	Event 1	Event 2	Event 3	Distance
9 Oct	Free	Breast	Back	IM
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
16 Oct	Fly	Free	Breast	Free
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
23 Oct	Back	Fly	Free	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
30 Oct	Free	Breast	Back	Back
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
6 Nov	Fly	Free	Breast	Fly
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
13 Nov	Back	Fly	Free	IM
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
20 Nov	Free	Breast	Back	Free
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
27 Nov	Fly	Free	Breast	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
27 Nov	Fly	Free	Breast	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
4 Dec	Back	Fly	Free	Back
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
CHRISTMAS BREAK				
5 Feb	Free	Breast	Back	Fly
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
12 Feb	Fly	Free	Breast	IM
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
19 Feb	Back	Fly	Free	Free
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
26 Feb	Free	Breast	Back	Breast
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
4 Mar	Fly	Free	Breast	Back
	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	200 / 400
11 March	Annual Club Championships Night 1			
18 March	Annual Club Championships Night 2			

Eligibility for 12.5m swims will be at the coach's discretion – criteria for other distances as per handbook.

Please circle the distance for each stroke that you are swimming on each club night.

Please advise Marianne of any changes to your nominations prior to the relevant club night by placing a modified nomination form in the box, in person or by emailing her at mari10@optusnet.com.au.